

# THE 50+ Connection

NEWS and EVENTS from the  
Howard County Office on Aging and Independence

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## Keep Your Food Safe and Your Body Hydrated

By Carmen Roberts, MS, RD, LDN, Nutritionist,  
Howard County Office on Aging and Independence

Since bacteria in food multiply faster at temperatures between 40°F and 140°F, the summer heat can increase the risk of food-borne illness, according to the Food and Drug Administration (FDA.gov). Here are some tips to help you and your family avoid getting sick, whether you are at home, at the park or on vacation.



To keep your picnic food safe, avoid leaving food out in the “danger zone” (41 to 135° F) for more than two hours without refrigeration. When food is left outside, harmful bacteria can grow, which can cause foodborne illness and make you sick. Grilling outdoors? Invest in a meat thermometer to ensure that your food is cooked to the proper temperature. If food is not cooked thoroughly, it can also lead to foodborne illness. Cook chicken to at least 165° F and ground beef to at least 155° F. For more information, view the FDA’s Barbecue Basics tip sheet.

It’s also important to stay hydrated in the hot summer months. Water is crucial to many of our body’s functions. Your body loses water each time you exhale, sweat, and use the bathroom. You need to replace this lost fluid daily with enough water to maintain bodily functions, or risk becoming dehydrated. So how much water do you need? A general guideline is to drink **half of your body weight in fluid ounces**. For example, if you weigh 160 pounds, you need a minimum of 80 ounces (or 10, eight-ounce glasses) of water each day.

A good rule of thumb to see if you are getting enough water is to look at the color of your urine. If it is clear or straw-colored, you are probably getting enough water. If your urine is dark, it is a sign that you are dehydrated. Don’t wait until you are thirsty to drink water; this is typically a sign that you are already dehydrated. To ensure that you are getting enough water throughout the day, carry a water bottle around with you wherever you go (in the car, to the doctor’s office, etc.). Sipping on water throughout the day is the easiest way to get enough fluid.

If you are exercising in the heat, proper hydration is especially critical. When your body is dehydrated, you may experience muscle cramps and fatigue. Without adequate water, your body can’t sweat to cool itself down; this could lead to heat stroke. When you are exercising outside in the summer, you will need even more water to stay hydrated. For each pound of fluid lost after exercise, you need two to three cups of water to replace that lost fluid. So, make sure to hydrate properly (and often) during outdoor activities.

Carmen Roberts is available for FREE, virtual nutrition consultations via phone or videoconference. She is also available for in-person appointments at all 50+ Centers. Each 30-minute session can address your health or nutrition concerns related to weight management, heart disease, diabetes, food allergies and/or healthy eating habits. Register at <https://bit.ly/30qKZgj>, or call Cheryl Campbell at 410-313-0387.

A Message from  
Howard County Executive

**Calvin Ball**



This month, we are happy to welcome back our residents to all our Howard County buildings. Our 50+ Centers are fully open to the public, providing engaging opportunities for older adults to visit with friends and make new ones. This summer has been a breath of fresh air for so many of our residents as they resume many of their pre-pandemic activities. Thanks to our strong vaccination progress and the significant reduction of COVID-19 in our community, we are feeling more hopeful and positive as we approach the Fall.

In addition to 50+ Centers, residents are now welcome to visit county offices for meetings, public hearings and other services. We are still accessible online or virtually for many offerings, services and classes our community may have used throughout the past year. We recognize the convenience of our virtual offerings for many people in Howard County, so our 50+ Center staff will continue to provide virtual programs on Tuesdays and Thursdays in August. We are delighted to announce the Howard County Virtual 50+ Programs were selected by engAGED: The National Resource Center for Engaging Older Adults to be featured on the engAGED Social Engagement Innovations Hub. This recognition is a testament to the innovation and creativity displayed by our talented DCRS Office on Aging and Independence team.

This month we also get to celebrate our Howard County Fair, which has been a community tradition for 75 years now, bringing residents and visitors together for rides, exhibits, food, concerts, art and so much more. I look forward to a fantastic week of celebrating our agricultural legacy and experiencing the height of summer safely with our community. Here’s to a healthy and happy month ahead!



**October 1 thru  
November 30**

The Beacon’s Virtual 50+ EXPO returns this Fall, with full access to programming available online from October 1 through November 30.

**Potential sponsors and exhibitors should register now.  
Contact Ofelia Ross at [oross@howardcountymd.gov](mailto:oross@howardcountymd.gov)**

Exhibitors will be promoted on Facebook and other social media, as well as in multiple print ads and targeted e-mail blasts to more than 100,000 baby boomers and seniors. In addition to all exhibitor benefits, sponsors receive speaker opportunities, banner, print and Facebook ads, plus radio mentions, e-blasts and more!

**The Beacon**  
IN FOCUS FOR PEOPLE OVER 50

**Living Longer • Living Well**  
**IBCD**  
Baltimore County Department of Aging

**Howard County Office on  
Aging and Independence**  
Department of Community Resources and Services

# PTC Empowers Caregivers, Offering Training and Support

The goal of the **Powerful Tools for Caregivers** (PTC) series is to improve the lives of caregivers (and, ultimately, their care recipients) through outreach, conversation, training, and resources. Offered virtually via Webex, the series of six 90-minute classes provides a supportive environment to help caregivers:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- make tough caregiving decisions
- better understand dementia

Participants found the learned program tools improved their relaxation and exercise habits, as well as their physical and mental well-being. Self-care tools helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to find and utilize community resources.

**After taking PTC, I am a better listener. I'm now more aware of different communication styles which is helpful, and I am less stressed. — Kim M.**

**Registration is required (see box below). Materials and Webex login access are provided prior to start date of each session.**

## 2021 SUMMER AND FALL SCHEDULE

**August 10** THROUGH **September 14**  
**2:00 to 3:30 pm**

— SIX CONSECUTIVE TUESDAYS —

**September 29** THROUGH **November 3**  
**1:00 to 2:30 pm**

— SIX CONSECUTIVE WEDNESDAYS —

If you are a caregiver, we encourage you  
to register for this dynamic self-care program.  
**WE ARE HERE TO HELP YOU!**

**There is NO CHARGE to attend  
these self-care classes!**

— FOR MORE INFORMATION OR TO REGISTER —

**Kathy Wehr**

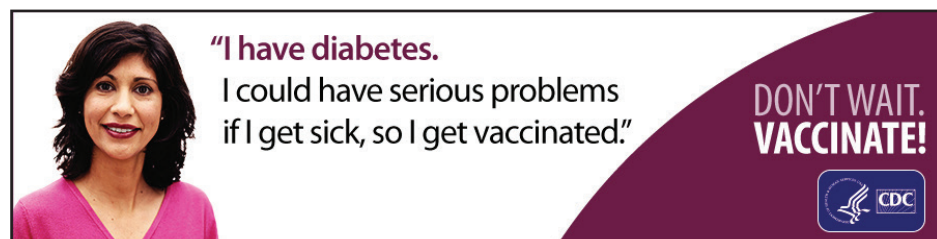
CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY) • [kwehr@howardcountymd.gov](mailto:kwehr@howardcountymd.gov)

# August is National Immunization Awareness Month

Every August, the Centers for Disease Control (CDC) sponsors National Immunization Awareness Month to focus on the importance of vaccination for people of all ages. According to the CDC, flu vaccination will be especially important this year to reduce the overall impact of respiratory illnesses on the population, as a result of the COVID-19 pandemic.

A flu vaccine may also provide individual health benefits, including keeping you from getting the flu, reducing the severity of your illness if you do get sick and reducing your risk of hospitalization. This is especially true for adults age 65 and over, and/or those with chronic health conditions.



The CDC works with healthcare providers and state and local health departments — including the Howard County Health Department — to develop plans on how to vaccinate people against flu without increasing their risk of exposure to respiratory germs, like the virus that causes COVID-19.

**If you have questions about the COVID vaccine, call the COVID-19 Hotline at 410-313-6284, Monday through Friday, 8:30 am to 4:30 pm, or visit [vaccine.howardcountymd.gov](http://vaccine.howardcountymd.gov).**

## SENIOR DAY AT THE FAIR

FREE ADMISSION for ADULTS 62+ from 8 am to 11 pm

## Howard County Fair 2021

**Don't miss the chance to learn about  
Age-Friendly Howard County!**

**Visit us at the Age-Friendly Booth  
in front of the 4-H Building...**



**Tuesday, August 10  
10 am to 7 pm**

**RAIN OR SHINE!**



**Age-Friendly  
Howard County**

[www.howardcountymd.gov/agefriendly](http://www.howardcountymd.gov/agefriendly)



Howard County Office on  
**Aging and Independence**

Department of Community Resources and Services

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